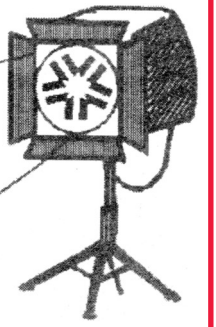


DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XXI, ISSUE 8

A newsletter for D.C. Seniors

August 2006

*Celebrating Older Washingtonians and 30 years of the Office on Aging*

## EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

Information is power! Our need to be informed is critical to our safety and well being.

This issue of "Spotlight" contains preventive measures that all seniors should take to ensure that your identity is not stolen, that you remain safe in your

neighborhoods, and that you stay safe during heat emergencies. The more we are aware, the better we are at reducing personal and community risk.

Also in this issue you will see photos from the recent Senior Citizens Police Academy. The Metropolitan Police Department Citizen Partnership Institute and the Office on Aging have partnered to provide older residents with the tools to serve as safety ambassadors in their communities to help improve police-community relations.

This is the second class to graduate from the 12-week program, which includes policing for prevention, problem solving, police procedures and operations, and access to resources for seniors to protect themselves and their communities. If you or someone you know is interested in the next Senior Citizens Police Academy, call Marsha Hott at 202-727-8751.

Our seniors are everywhere and doing everything! Congratulations to Ms. Alberta Brasfield, American Classic Woman.

Enjoy the "dog days" of August, drink lots of water, wear sun screen lotion, eat well and take frequent rest breaks.

Autumn is just around the corner.

Ani Russell, Executive Director,  
Policing for Prevention Division  
with graduate  
Chaplain  
Newkirk



## The Senior Citizens Police Academy graduated another class

(left to right) Graduates Caroline McKinney, Jean Larkin, Carol Fleming, Sallie Davidson, Paulette Daniels, Tyrone Bryant, Mary Anderson



Carolina McKinney, pictured with E. Veronica Pace, Chief Judge Rufus King, who administered the academy oath, and Executive Assistant Michael Fitzgerald.



PJ Newsham  
speaks to the  
graduates  
about the  
importance of  
community  
involvement  
in policing



(left to right) Dr. Jean Toth, Daniel Pernell, Chaplain Erzell Newkirk, Loree Murray, John Morgan, Barbara Montgomery, Mary Ann Miller



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR



## D.C. OFFICE ON AGING NEWSLETTER

# Preventing Identity Theft

THE DISTRICT OF COLUMBIA DEPARTMENT  
OF INSURANCE, SECURITIES AND BANKING

## What is identity theft?

Identity theft occurs when a person uses your personal information, such as Social Security number and date of birth, with the intent to commit fraud or to aid an unlawful activity. Once personal information is obtained, the person may open new credit card accounts in your name, open bank accounts in your name to write bad checks, or take out a loan in your name. **Federal law provides a \$50 liability limit for the fraudulent use of credit cards.** Because of this, most victims never incur a high amount of direct monetary losses. However, restoring credit and correcting the information is a slow and time-consuming process. Identity theft insurance is one way to help consumers cope.

### ***What can you do to prevent Identity Theft?***

Taking steps to protect your identity is important. Here are some suggestions:

- 1) Avoid carrying your Social Security number and driver's license number together in your wallet.
- 2) Shred all pre-approved credit card offers and bills before disposing of them.
- 3) Avoid putting out-going mail in your

home mailbox – place it in a U.S. Postal Service mailbox.

4) Be careful using credit cards online. Some consumers have a card they use only for online purchases.

5) Check your credit report on a regular basis. If you see unusual activity, you can investigate promptly by contacting the three credit bureaus:



Meet Lily Qi. This public information officer with DISB lost her identity several years ago, while vacationing in Europe.

### **Credit bureaus:**

**Equifax**  
www.equifax.com  
1-800-525-6285

**Experian**  
www.experian.com  
1-888-397-3742

**TransUnion**  
www.transunion.com  
1-800-680-7289

### ***What can you do if you suspect your identity has been stolen?***

- 1) Place a "Fraud Alert" on your credit reports and review the reports carefully.
- 2) Close accounts that have been tampered with, or established fraudulently.
- 3) File a police report.
- 4) Report the theft to the U.S. Federal Trade Commission:

**Online: [www.ftc.gov/idtheft](http://www.ftc.gov/idtheft)**  
**Phone: 1-877-ID- Theft**  
**(438-4338)**

### **HOW IDENTITY THEFT RUINS YOUR LIFE**

- Thieves go on spending sprees with your money.
- Thieves can open new credit accounts by using your name and Social Security number.
- They can get cell phone service in your name with your credit history.
- They could even get arrested and give your name to the police.

—**Federal Trade Commission**

## EDITORIAL: IDENTITY THEFT IS NO JOKE

Many of us have seen the funny commercials from Citibank's Identity Theft Solutions. The ads show the victims speaking with the voices of the identity thieves, who talk about how much fun they had with the victim's credit cards and bank accounts. The joke is that sometimes there is a man with a woman's voice talking about buying female products. Although these have grabbed our attention, those are real people on screen whose identities have been stolen. And that is no laughing matter.

According to the Federal Trade Commission, identity theft strikes nearly 10 million U.S. consumers annually (4.6 percent of the population of consumers over the age of 18); and it imposes \$50 billion in unnecessary costs on the nation's businesses every year. These horrific numbers alone are enough for the federal government and local agencies such as DISB's Enforcement and Investigation Bureau to double their efforts in preventing this crime.

## D.C. OFFICE ON AGING NEWSLETTER

# Don't Be a Crime Victim

As people grow older, their chances of being victims of crime decrease dramatically. But a lifetime of experience, coupled with the physical problems associated with aging, often makes older Americans fearful.

Although they're on the lookout constantly for physical attack and burglary, they're not as alert to frauds and con games — in reality, the greatest crime threat to seniors' well being and trust.

Want to conquer fear and prevent crime? The National Crime Prevention Council offers these common-sense precautions.

## Be alert when out and about

Carry your purse close to your body, not dangling by the straps. Put a wallet in an inside coat or front pants pocket.

Don't carry credit cards you don't need or large amounts of cash.

Use direct deposit for Social Security and other regular checks.

Whether you're a passenger or driver, keep car doors locked. Be particularly alert in parking lots and garages. Park near an entrance.

Sit close to the driver or near the exit while riding the bus, train or subway.

If someone or something makes you uneasy, trust your instincts and leave.

## Make your home safe and secure

Install good locks on doors and windows. Use them.

Don't hide keys in mailboxes and planters or under doormats. Instead, leave an extra set of keys with a neighbor or friend.

Ask for photo identification from service or delivery people before letting them in. If you are the least bit worried, call the company to verify.

Be sure your street address number is large, clear of obstruction and well-lighted so police and other emergency personnel can find your home quickly.

Consider a home alarm system that provides monitoring for burglary, fire and medical emergencies.

Stop crime at your front stoop by putting your porch light on at night.

## Watch out for con artists

Don't fall for anything that sounds too good to be true — a free vacation; sweepstakes prizes;

cures for cancer and arthritis; or a low-risk, high yield investment scheme.

Never give your credit card, phone card, Social Security or bank account number to anyone over the phone. It's illegal for telemarketers to ask for these numbers to verify a prize or gift.

Don't let anyone rush you into signing anything — an insurance policy, a sales agreement, a contract. Read it carefully and have someone you trust check it over.

Beware of individuals claiming to represent companies, consumer organizations, or government agencies that offer to recover lost money from fraudulent telemarketers for a fee.

If you're suspicious, check it out with the police, the Better Business Bureau or your local consumer protection office. You can also call the National Consumers League Fraud Information Center at (800) 876-7060.

## Other helpful phone numbers:

**Non-Emergency police information: 311**

**Better Business Bureau: 202-393-8000**

**Consumer Protection: 202-727-3500**

# How to Lower the Risk of Heat-Related Illnesses

Hot weather is one of the common causes of heat-related illnesses, as is dehydration.

Older persons are at particular risk for heat-related illnesses. These illnesses can be serious — but they may be preventable.

Older adults and their caregivers should be aware of symptoms, know how to prevent heat-related illness, and learn about assistance available to help pay energy bills. This information follows:

## What are the symptoms?

Individuals can experience a variety of symptoms of heat-related illness. Symptoms such as heat cramps, heat exhaustion and heatstroke are increasingly severe and can lead to death.

## How can you prevent heat-related illness?

Some prevention tips include:

- Dress for the weather. Wear loose-fitting, lightweight clothing. Some people find natural fabrics,

such as cotton, to be cooler than synthetic fibers. Light-colored clothes reflect the sun and heat better than dark colors. If you are unsure about what to wear, ask a friend or family member to help you select clothing that will help you stay cool.

- Drink plenty of liquids — water or fruit and vegetable juices. Avoid drinks containing caffeine or alcohol. They make you lose more fluids. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.

- Rest frequently and seek shade when possible.

- Avoid hot crowded places. Plan trips during non-rush hour times.

If you live in a home or apartment without fans or air conditioning, be sure to follow these steps to lower your chance of heat problems:

- Open windows at night.

- Create cross-ventilation by opening windows on two sides of the building.

- Cover windows when they are in direct sunlight, and keep curtains, shades or blinds drawn

during the hottest part of the day.

- If you don't have air conditioning, try to spend at least two hours a day (if possible during the hottest part of the day) some place air-conditioned — for example, the shopping mall, the movies, the library, a senior center or a friend's house. If necessary, take a taxi. Don't stand outside waiting for a bus.

- Pay attention to the weather reports. You are more at risk as the temperature or humidity rise, or when there is an air pollution alert in effect.

- Limit exercise and lots of activities when it is hot.

Seniors who do not have air-conditioned living quarters should visit an air-conditioned senior center or public place.

## Important numbers to call:

Location of public cooling centers: **202-727-6161**

Seniors needing fans and energy cost assistance: **202-673-6750**

Hyperthermia Hotline for the homeless and persons at risk: **202-399-7093**

## SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents.

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E. Veronica Pace, **Executive Director**

Darlene Nowlin, **Editor**

Adrian Reed, **Photographer**

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Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

The Office on Aging is in partnership with the District of Columbia Recycling Program.

# Save the Date!

## ELDERFEST 2006

Featuring arts and crafts for sale, health screenings, information exhibits, live music, entertainment, baked goods for sale and much more!

**Thursday, September 7, 2006**

10 a.m. - 3p.m.

Freedom Plaza

On Pennsylvania Avenue

Between 13th & 14th Sts., N.W.





# Community Calendar

## August events

**10th • 10 a.m. to 1 p.m.**

Get your health screened, courtesy of the Greater Washington Urban League’s Division of Aging and Health Services. The screening is being offered by the Kidney Foundation. It will take place at the Center for the Asian and Pacific Islander, 417 G Pl., N.W. For more information, call Vivian Grayton at 202-529-8701.

**22nd • 11:30 a.m.**

The Greater Washington Urban League’s Division of Aging and Health Services will host a seminar on Wills & Trusts at 1250 Saratoga St., N.E. For more information, call Vivian Grayton at 202-529-8701.

**26th • 12:30 p.m.**

Enjoy grilled fresh vegetables hot off a George Foreman grill at 1649 Good Hope Rd., S.E. The event is being run by the United Planning Organization’s Weekend Nutrition Program. For more information, call Evelyn Minor at 202-610-5857 or 5900.

**28th • noon**

The Dwelling Place Senior Center will host its first annual recognition luncheon called “Flowers While You’re Living.” This program will highlight some of the center’s senior members who have participated for between five and 20 years. It will meet inside the Bailey Room at St. Francis Xavier Church, 2800 Pennsylvania Ave., S.E. Call 202-582-7238 for more information.

**30th • 11 a.m. to 2 p.m.**

Come honor two seniors who have consistently utilized their talents to assist and empower others. They are affectionately known as “Mrs. Congeniality” and “Mrs. Metro” based on the services they de-

liver at Phillip T. Johnson Senior Center. The program will take place at the center, 3200 S St., S.E. For more information, call Robinette Livingston at 202-584-4431.

## September events

**14th • 8:30 a.m. to 5 p.m.**

Sign up for an IONA trip to historic Leesburg, Va. Participants will begin the day with a guided tour of the city. Lunch will be provided at a local restaurant. After lunch, hit the outlets for some bargain hunting. The cost of the trip is \$70, which covers roundtrip transportation, lunch, tour guide, tolls, taxes and gratuities. The trip will leave from 4125 Albemarle St., N.W. To check availability, call IONA Travel With Us at 202-966-1055.

**16th • 7 p.m.**

Crowning Glories Hats on U Street. You are invited to an evening celebrating D.C. seniors through the history of Washington, D.C.’s famous U Street corridor to benefit EMMAUS Services for the Aging. The event will take place at the Grand Hyatt Washington, 1000 H Street, N.W., Independence Ballroom. The evening includes a silent auction, live music, dinner and senior revue. Tickets are \$150. For more information, call 202-745-1200.

## Ongoing

Help sponsor someone to attend a week-long retreat at a country house in West Virginia. So Others Might Eat is looking to send 120 seniors to vacation at a home on the banks of the Cacapon River. Features include group activities, abundant food, and arts and crafts programs. A volunteer staff runs all activities. If you’d like to help, call 202-797-8806 or visit [www.some.org](http://www.some.org).

**Mondays • 1 to 4 p.m.**

Join IONA’s weekly bridge group. Instruction is not offered, but tables are organized according to level of skill. New members are always welcome. Play bridge, meet new people and make new friends. It meets at IONA Senior Services, 4125 Albemarle St., N.W. Call 202-966-1055 to sign up.

**Tuesdays this Fall**

Widowed Persons Outreach (WPO), based at Sibley Hospital, is offering a free six-week support group this Fall for people whose spouse has died within the last two years. Co-sponsored by IONA Senior Services, the group will meet at IONA, 4125 Albemarle St., N.W. Pre-registration is required. Call WPO at 202-364-7602 or IONA at 202-895-9448 to register for the group.



Congratulations to Alberta Brasfield, Ms. American Classic Washington, D.C., pictured with Letha Blount.

## PEOPLE WITH DISABILITIES NEEDED AS ELECTION DAY WORKERS September 12th and November 7th 2006



The American Association of People with Disabilities is working with the D.C. Board of Elections and Ethics to recruit Election Day Workers with disabilities for the upcoming primary and general elections.

Becoming an Election Day Worker is the best way of ensuring that voters with disabilities are able to cast a vote privately and independently, and is the most visible way of demon-

strating the power of our constituency.

If you are a D.C. resident and will be 18 by the time of the election, then you can be an Election Day Worker — often in the polling place closest to your home. Election Day Workers attend a two-hour training prior to Election Day, and are paid \$100 for a full day’s work on Election Day. The pay does not count against Social Security payments.



Name		
Address	Apartment	Zip Code
Mailing Address	Apartment	Zip Code
E-mail Address	Home Phone	
Cell Phone	Work Phone	
Are You a District of Columbia resident and registered voter? <input type="checkbox"/> YES <input type="checkbox"/> NO		
Have you worked as an Election Day Worker before? <input type="checkbox"/> YES <input type="checkbox"/> NO		
Do you drive? <input type="checkbox"/> YES <input type="checkbox"/> NO		
Other than English, do you speak any other language fluently? _____		
Please return form to: <b>AAPD</b> 1629 K Street NW, Suite 503 Washington D.C. 20006 or call 202.457.0046 (V/TTY)		
Date	Signature or Mark	